

**PRIOR TO USE: WARNINGS!!!**

Do **NOT** use the Electrical Stimulation Unit if you:



- Are pregnant or could be pregnant
- Have any symptoms of vaginal, pelvic or urinary tract infection
- Have any vaginal devices in place eg pessary, tampon, etc
- Have any metal implants within or around the pelvis (including Copper IUD)

Do **NOT** immerse the main electrical unit in water.

**Cease** using the unit if you experience any pain or discomfort, or if the unit becomes hot.

If you have a Cardiac Pacemaker – seek approval from your cardiologist before using this machine.



**SETTING UP THE UNIT:**

1. Before starting, make sure the main electrical unit is switched off (there should be no numbers displayed on the screen).
2. Insert the neutral coloured end of the long stand-alone lead wires into the left and right sockets at the top of the electrical unit.
3. Attach two round electrodes to the red and black ends of each stand-alone lead wire.
4. Ensuring main unit is still off, place the two electrodes from one lead wire at the base of the entry to the vagina.
5. Then place the two electrodes of the second lead wire on either side of the clitoris.

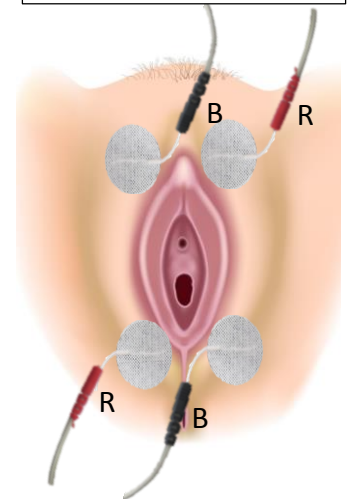
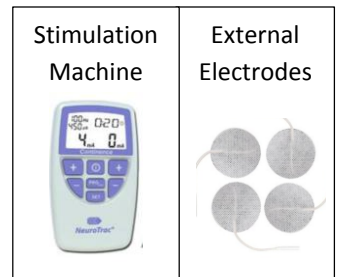
AFTER PLACING THE ELECTRODES AND BEFORE PROGRESSING TO TREATMENT, MAKE SURE THE RED AND BLACK ENDS OF EACH LEAD WIRE ARE DIAGONALLY OPPOSITE EACH OTHER.

6. Place a face-cloth between the left and right sides (as shown by your physiotherapist) to prevent the electrodes from touching each other during treatment.

**TREATMENT:**

1. With electrode now in place and attached via the main leads to the machine, Press the ON / OFF button  once such that the display screen turns on.
2. Check that the correct Program is listed on the screen. **YOUR PROGRAM SHOULD BE:** \_\_\_\_\_  
If the Program is not correct, press the Program Button  until the correct program is selected.
3. Press the “+” button for one of the leads until the sensation is ‘moderate’ (but not painful!). Then press the “+” button for the second lead until you reach a similar sensation. If the stimulation is too high for either lead use the “-” button to turn down the intensity. Remain in one position whilst stimulation is active.
4. At the completion of the designated time, Press the ON / OFF button to switch off the unit. Detach electrodes and replace on plastic sheet for storage.

**Equipment Required**



Note: your screen settings are likely to be different to this